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PIERCE BROSNAN ON HIS
GRITTIER SPY FLICK, THE
NOVEMBER MAN **PAGE 14**

It takes a child to raise a village

Even kids help revitalization
effort in Mulgrave Park **PAGE 3**

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Search for Catie goes to YouTube

Still missing. Parents speak to both Nova Scotians and Catherine Miller in online video



**RUTH
DAVENPORT**

ruth.davenport@metronews.ca

The Dartmouth family searching for their missing daughter has made an online video in hopes of reaching someone who can explain what happened to Catherine Miller.

"We're still bumping into people who don't know that she's been missing," said Miller's father, John, on Sunday. "What I've been saying is, if half a million Nova Scotians know she's missing, then half a million don't know she's missing."

Catherine Miller, 29, who goes by Catie, sent a text to her mother around 11 a.m. on July 15 and hasn't been seen or heard from since.

In the video made Satur-

day, which had been viewed more than 1,800 times on YouTube by Sunday afternoon, John and Terri Miller speak both to viewers and to Catie herself.

"If there's any problem you've encountered, we will take care of that for you. Don't worry about that," says Miller's mother, audibly suppressing tears. "We love you unconditionally, so please remember that and just come back to us."

Miller's father hopes that she is alive and will somehow see the video, though he said he's concerned about her prolonged absence.

"Several things that occurred before she disappeared would lead one to believe that she planned on staying around," he said. "Her son, she wouldn't want to be out of contact with him, so that does give us cause for concern."

Police have said they don't suspect foul play in the woman's disappearance.

Miller's father said he and the rest of the family plan to

Watch online



Catherine Miller FACEBOOK

Search "Catie Miller" on YouTube to watch and share the Miller family's appeal for help and information.

keep searching and spreading the word, with plans in the works for more activities — another vigil, perhaps some billboards — once summer is over and students return to the local universities.

"I just want to keep it in the public's mind, so that if somebody knows something, eventually they'll phone in and pass some information along," he said.



SUCH A HIP PLACE TO BE

Shelby Lendrum of P'Lovers enjoys hula hooping in the sunshine during Switch Dartmouth on Sunday afternoon. Hundreds of people came out to enjoy music, food, balloon twisting, games, yoga and biking on more than two kilometres of traffic-free roads. **HALEY RYAN/METRO**

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Punch-up

Trudeau to trade blows with Halifax business owner

Liberal Leader Justin Trudeau will do some bobbing and weaving of the literal kind during a stop in Halifax Monday.

Trudeau is scheduled to spar with former competitive boxer and prominent local entrepreneur Mickey MacDonald at Palooka's Executive Fitness Monday afternoon.

According to an advisory from the Liberal party, the pair will also meet with youth from the non-profit organization Family SOS.

Before coming to Halifax, Trudeau will address the Bridgewater and area Chamber of Commerce, and participate in a roundtable with municipal leaders in Lunenburg to discuss "major issues facing the media." **METRO**

Bayers Rd. & Micmac St.

Traffic controller hit by vehicle

A road construction worker wasn't seriously hurt after being hit by a vehicle in Halifax.

Police say the accident happened at 1:45 p.m. Saturday at the intersection of Bayers Road and Micmac Street. Police say the traffic controller was struck by the vehicle's mirror while holding a stop sign.

The driver of the vehicle was issued two summary offence tickets for causing the accident. **METRO**

Neighbourhood's bright side shines

Mulgrave Park. 'We're really trying to shine a light on all the positive things that are happening,' says event organizer

STEPHANIE TAYLOR
halifax@metronews.ca

When most nine-year-olds would spend a sunny Saturday afternoon playing outdoors, Shadan Hansen and Tia Pirris were selling muffins and lemonade to raise money for a new playground in their neighbourhood.

"Down in (Mulgrave Park) there's barely anything to do," Hansen said, taking a bite from his burger.

"The old playground was junk and really boring," Pirris added.

Dozens of kids and community members came together to host an all-day fundraiser in Victoria Park on Saturday in support of Progress in the Park — a community development initiative in the public housing district of Mulgrave Park.

Paige Farah, the project's creator and manager, began the initiative last September as a way to provide the neighbourhood with better resources and empower residents to feel proud of where they live.

"It's a very tight-knit, loyal, family-oriented com-



Progress in the Park organizer Paige Farah, second from left, stands with neighbourhood kids at Saturday's fundraiser. STEPHANIE TAYLOR/FOR METRO

munity," she said. "But that can be lost in the negatives people tend to focus on."

Farah believes the reputation of crime and poverty that comes to most people's minds when they hear Mulgrave Park not only isolates the neighbourhood, but is also damaging to the self-esteem of residents.

"We're really trying to shine a light on all the positive things that are happening," she said.

The project has raised \$83,000 over the past year, which has been invested in a new community garden and

the launch of a youth mentorship program.

There are also plans to construct a waste management and energy efficiency plan and, of course, a much-needed playground.

While the younger kids sold strawberry-basil lemonade made with ingredients from their new garden, the older youth sold T-shirts and CDs with music they made about life in their neighbourhood.

Many local businesses, musicians and artists from around Halifax also participated in the event.

'Bridge the gap'

It was no mistake that Saturday's event was held in the south end, and not Mulgrave Park. Paige Farah said she hoped that having the fundraiser in a different neighbourhood would show more people a different kind of Mulgrave Park, and it would help to "bridge the gap between communities."

- "I want people to be able to proudly say, 'I live in Mulgrave Park,'" she said.

1 NEWS



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Two men killed in crash

Pictou County. Car hit parked trailer unit, the Mounties say

Two men in their early 20s are dead after a single vehicle accident on Sunday morning.

Pictou County RCMP say a vehicle went off Central Caribou Road and struck a parked detached trailer unit.

The two men — both from Pictou County — died at the scene.

A third passenger, a woman, was taken to hospi-

tal with non-life-threatening injuries.

The next of kin were being notified by police, a release says.

"There is a turn in the road," RCMP Cpl. Andrew Joyce said of where the accident happened.

The New Glasgow News was reporting Sunday speed was a factor in the crash, but Joyce said it's too early to speculate.

"Why it happened, it could be a 1,001 reasons," he said.

Police had the road closed for eight hours as they tried to determine the cause.

PHILIP CROUCHER/METRO



The scene of Sunday's fatal accident in Pictou. NEW GLASGOW NEWS

Colchester County

Motorcycles collide with vehicle

The RCMP say two people are in hospital with serious injuries after a trio of motorcycles collided with a vehicle on a Nova Scotia roadway.

The Mounties say a motorcycle struck a vehicle that was turning off Pleasant Valley Road near Brookfield, in Colchester County. The two motorcycles following behind also ran into the vehicle. The third motorcycle rider suffered minor injuries. THE CANADIAN PRESS

Pulling child in buggy

Cyclist injured in unexpected crash

A cyclist pulling a child in a bike buggy was injured when he crashed after hitting a car door that opened unexpectedly.

The accident happened in the 100 block of Crichton Street around 11 a.m. Saturday. The cyclist was taken to hospital by paramedics with non-life-threatening injuries. The child in the buggy wasn't hurt. METRO

Eskasoni

Man arrested after employee allegedly assaulted

Police in Cape Breton have arrested a man in relation to an armed robbery.

RCMP in Eskasoni were called to a business around 1:10 a.m. Saturday, just after closing time. Police say a woman who worked at the business was leaving when she was assaulted with an unknown object by a man. The man fled on foot, but was later found and taken into custody. METRO

Prince and Argyle

Officer injured on the job

Halifax police say an officer was hospitalized for treatment of a leg injury he suffered during an arrest Friday morning.

A release states patrol officers saw a man punch another man in the face at the corner of Prince and Argyle around 3:45 a.m.

Police say the man resisted arrest, and during the scuffle, a 36-year-old officer sustained a leg injury. METRO



It's a sea of white at first Dîner en Blanc in Halifax

With only a few hours' notice, 984 Haligonians showed up to the city's first Dîner en Blanc at the University of King's College quad, joining the likes of New York, Singapore, Montreal and Los Angeles. The gourmet event is famous all over the world for the images of guests dressed in white, and the location kept secret until just before the event.

JAMES INGRA/JIVE PHOTOGRAPHIC

Dartmouth General Hospital Blood Collection: EXTENDED HOURS

Dartmouth General Hospital Blood Collection is extending its hours to provide improved access to blood collection services while we work to establish an additional blood collection location in Dartmouth. Effective Tuesday, August 26, Dartmouth General Hospital Blood Collection will be open at the following times:

Monday and Friday (unchanged)	7 a.m. to 3 p.m.
Tuesday, Wednesday and Thursday	7 a.m. to 7:30 p.m.
Saturday	8 a.m. to 3:30 p.m.



Please visit www.cdha.nshealth.ca/bloodcollection for details about hours and locations at all Capital Health blood collection sites.

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Transgender rowers first to compete in marathon event

Breaking down barriers. Athletes' participation is a first for Canada

STEVE COLLINS
Metro in Ottawa

Enza Anderson broke down a barrier Sunday, but she also overcame a wall.

The Toronto activist and her teammate, Savannah Burton, became the first transgender athletes in Canada to

compete in a marathon rowing event.

Their team, TRANS-fusion, rowed a 22-kilometre half-marathon in two hours and eight minutes. That was good for fourth place of five teams, about 10 minutes behind the leaders.

The last two kilometres were the hardest, as Anderson, who began rowing only a couple of months ago, began to doubt she could make it.

"My rear started numbing up and I had to go to the bathroom," she recalled. "All I could think about was go-

ing to the bathroom. So I was starting to cry because I felt like I didn't have the strength."

It turned out she had it, after all.

"Enza overcame the wall, which is a phenomenal feat for somebody who has never played sports," said coach Adrian Cornelissen. "Because when you hit the wall, you basically start to focus on your negativity, what is lacking — and she turned that around to a positive."

The team, he said, just pulled together and carried

Anderson until she could continue. "I just took a five-minute break, said Anderson, "and then put my oars back in."

Back at the Ottawa New Edinburgh Club, Row Canada president Mike Walker and Ontario provincial cabinet ministers Madelaine Meilleur and Yasir Naqvi were on hand to congratulate the TRANS-fusion team.

"I hope every single sport will see more trans athletes taking part and winning medals, not only here, but around the world," Naqvi said.



Transgender rowers Savannah Burton and Enza Anderson competed in the Canadian Sculling Marathon in Ottawa Sunday. STEVE COLLINS/FOR METRO

Public inquiry debate

Harper 'on the wrong side of history': Trudeau

Prime Minister Stephen Harper is "on the wrong side of history" in his refusal to launch a public inquiry to study the high number of missing and murdered aboriginal women, federal Liberal Leader Justin Trudeau said Saturday.

Trudeau was in Moncton, N.B., where he said the recent case of Tina Fontaine, a 15-year-old aboriginal girl found dead in Winnipeg, highlights the need to begin an inquiry.

"My heart goes out to the families of not just Tina Fontaine but of all the missing and murdered over the years," Trudeau said.

"The prime minister has shown himself not to be simply ... just out of touch with Canadians on this issue, but also on the wrong side of history."

Harper said earlier this week that Fontaine's death was a crime and should not be viewed as a "sociological phenomenon."

"There's no question that there's a criminal issue here, a horrible crime was committed," said Trudeau, who was campaigning with the provincial Liberals for the New Brunswick election.

"But it's part of a pattern that has gone on for years and Canada absolutely needs to get to the bottom of (it) with a national inquiry." **THE CANADIAN PRESS**



Montreal re-enactment an exercise in smoke and muskets

Members of the 2nd Battalion of France's Lazare Regiment fire their muskets during an 18th century enactment in Montreal's old city on Sunday.

PAUL CHIASSON/THE CANADIAN PRESS



Bricks and rubble cover the sidewalk in front of a heavily damaged building following an earthquake Sunday in Napa Calif. Scan the photo with your Metro News app to see more photos of the damage caused by the 6.0-magnitude quake. ERIC RISBERG/THE ASSOCIATED PRESS

California earthquake rocks Napa wine region

6.0-magnitude event.
More than 120 sent to hospital, power goes out, fires ignited

The strongest earthquake in 25 years struck the heart of California's wine country early Sunday, igniting gas-fed fires, damaging some of the region's famed wineries and historic buildings, and sending more than 120 people to hospitals.

The magnitude-6.0 quake, centred near the city of Napa, an oasis of Victorian-era buildings nestled in the vineyard-studded hills of northern Cali-

fornia, ruptured water mains and gas lines, hampering firefighters' efforts to extinguish the blazes that broke out after the temblor struck at 3:20 a.m.

Dazed residents who had run out of their homes in the dark and were too fearful of aftershocks to go back to bed wandered through Napa's historic downtown, where boulder-sized chunks of rubble and broken glass littered the streets. Dozens of homes and buildings across the Napa Valley were left unsafe to occupy, including an old county courthouse, where a 10-foot wide hole opened a view of the offices inside.

College student Eduardo

Rivera said the home he shares with six relatives shook so violently that he kept getting knocked back into his bed as he tried to flee.

"When I woke up, my mom was screaming, and the sound from the earthquake was greater than my mom's screams," the 20-year-old Rivera said.

Gov. Jerry Brown declared a state of emergency for southern Napa County, directing state agencies to respond with equipment and personnel. President Barack Obama was briefed on the earthquake, the White House said, and federal officials were in touch with state and local emergency responders. **THE ASSOCIATED PRESS**

Tropical storm Cristobal's pelting rains lash Bahamas

Slow-moving tropical storm Cristobal lashed parts of the Bahamas and the Turks and Caicos Islands with heavy rainfall and white-crested surf, after swollen rivers swept away at least three people on Hispaniola, the Caribbean island shared by the Dominican Republic and Haiti.

In the Dominican Republic, a man drowned when he tried to drive his pickup truck across a rushing river in Hato Mayor, a province northeast of the capital of Santo Domingo. Juan Manuel Mendez, the country's emergency operations director, said the death was due to the "regrettable recklessness of this driver."

In neighbouring Haiti, authorities were looking for two residents reported swept away late Saturday by a river that burst its banks in the western port town of Saint Marc.

"We're still looking for the bodies," said Luckey Mathieu, a local civil protection co-ordinator.

The U.S. National Hurricane Center in Miami said

Cristobal may strengthen into a hurricane on Wednesday while over the open waters of the Atlantic. The storm's centre was expected to curve away from the U.S. East Coast.

Many residents in the sparsely populated southeastern Bahamas and the tiny British Caribbean dependency of the Turks and Caicos Islands hunkered down as Cristobal's rains pelted windowpanes.

Capt. Stephen Russell, head of the Bahamas' emergency management agency, said there had been no reports of damage by late Sunday morning. Air traffic to the southeastern Bahamian islands had not been suspended, but sea vessels were advised to remain in port, he said.

By Sunday afternoon, Turks and Caicos Premier Rufus Ewing advised residents to remain indoors as much as possible since the island chain south of the Bahamas was still experiencing heavy rains and "extensive flooding in low-lying areas," especially on Middle Caicos and North

Caicos islands.

"The inclement weather is expected to linger for another 48 hours and the flooding is expected to worsen as a result," Ewing said in a statement.

EZEQUIEL ABU LOPEZ AND DAVID MCFADDEN/THE ASSOCIATED PRESS

Cristobal

A tropical storm warning was in effect for the Turks and Caicos Islands and for the southeast and central Bahamas, with forecasters saying it could bring up to 20 centimetres of rain to the islands through Tuesday.

- Before strengthening into a storm, it had downed several trees and power lines on Puerto Rico, leaving more than 23,500 people without power and 8,720 without water. There were a handful of reported landslides.



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Bardarbunga volcano

Iceland lowers aviation alert to 'orange'

Iceland lowered its aviation alert level to orange from red Sunday, saying there was no sign of an imminent eruption at the Bardarbunga volcano. And scientists at the Icelandic Meteorological Office said their announcement Saturday that the volcano had experienced a subglacial eruption was wrong.

But the office cautioned in a statement that seismic

activity at the volcano, which has been hit by thousands of earthquakes over the past week, was not slowing, and an eruption remained a possibility in coming days. Two earthquakes measuring over 5 in magnitude — the biggest yet — shook the volcano beneath Iceland's vast Vatnajökull glacier early Sunday. The Met Office recorded earthquakes of 5.3 and 5.1 in the early hours.

Iceland had raised the alert for aviation Saturday to red, the highest level on a five-point scale, warning that an ash-emitting eruption could be imminent.

THE ASSOCIATED PRESS

Missouri shooting

Obama sending aides to Michael Brown funeral

U.S. President Barack Obama is sending three White House aides to the funeral of Michael Brown, the black teen whose fatal shooting by a white police officer sparked racial unrest in Ferguson, Mo.

Early Sunday, tensions briefly flared then subsided as nightly protests continued two weeks after the 18-year-old's death.

THE ASSOCIATED PRESS



Iraqis stand together to honour James Foley

People hold a photograph of U.S. freelance journalist James Foley during a small memorial ceremony in Irbil, 350 kilometres north of Baghdad, Iraq, on Sunday. Foley was slain by Islamic State militants after being held in captivity for nearly two years. MARKO DROBNJAKOVIC/THE ASSOCIATED PRESS

Hundreds attend mass for murdered U.S. journalist

'Devoted.' Hometown memorial remembers James Foley as a man who was driven to open world's eyes to suffering and oppression

Slain U.S. journalist James Foley was living his faith by bringing images to the world of people suffering from war and oppressive

regimes, a Roman Catholic bishop said Sunday at a mass in his honour.

Bishop Peter Libasci said even after Foley was captured for the first time in Libya in 2011, he "went back again that we might open our eyes."

The mass was attended by Foley's parents, John and Diane Foley, and hundreds of others in their hometown of Rochester, N.H. The bishop read aloud a letter from the Vatican extending the

condolences of Pope Francis. Foley was kidnapped in 2012 while covering the Syrian uprising. The Islamic State posted a web video Tuesday showing his killing, claiming it was in retaliation for U.S. airstrikes in Iraq.

Libasci invoked the prayer of St. Francis, which begins, "Lord, make me an instrument of your peace," to implore the gathered not to hate but to heal.

"It is in giving that we receive," he recited. "It is in

pardoning that we are pardoned. It is in dying that we are born to eternal life. To these words, I think we can say, 'Yes, I wish we could do that.' It is not beyond our capability. It is not impossible. Our Lord lived it. Our most Blessed Mother lived it. Many saints have lived it. James lived it."

A funeral for Foley will be held on Oct. 18, what would have been his 41st birthday.

THE ASSOCIATED PRESS

Peter Theo Curtis. Syrian militants release U.S. man

An American held hostage in Syria by an al-Qaida-linked group has been released after about two years, the Obama administration and a relative confirmed Sunday, days after militants had beheaded a U.S. journalist abducted while covering that country's civil war.

The U.S. identified the freed American as Peter Theo Curtis of Massachusetts and said he was now safe and outside of Syria. The United Nations said it helped with the handover to UN peacekeepers in a village in the Israeli-annexed Golan Heights and that Curtis was released to American authorities after a medical checkup.

The administration provided no details about the circumstances of his abduction or his release. It was not known what prompted Curtis's release.

A cousin of Curtis's, Viva Hardigg, declined to provide details, but said that he



Peter Theo Curtis THE ASSOCIATED PRESS

had been held by the Nusra Front, which is al-Qaida's affiliate in Syria.

"He seems to be in good health," Hardigg said. "We are deeply relieved and grateful for his return and the many people who have helped us secure his freedom."

THE ASSOCIATED PRESS

Steven Sotloff

Canadian denies inadvertent role in Syria kidnapping

A Montreal photographer is speaking out after a U.S. news website accused him of inadvertently playing a role in the capture of American journalist Steven Sotloff in Syria last year.

Yves Choquette says he's the freelance photographer anonymously referred to as "Alex" in a controversial report published Friday on The Daily Beast.

The report alleges the photographer may have compromised the safety of the American journalist, but Choquette denies the allegations, which he says distort the events of August 2013.

THE CANADIAN PRESS

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Tories kept aging Challengers in the air to shuttle around VIPs

The Harper government's plan to decommission four of its six C-144 Challengers was sidelined and revisited last year because the executive jets were getting more VIP and military use than expected.

Former defence minister Peter MacKay, in early 2013, ordered that the majority of the aircraft, long cast as a symbol of Liberal excess by the Conservatives, be retired within the year.

But newly released memos, written last fall, show the plan was scaled back to the deactivation of just two planes — something the government waited to announce until after Parliament recessed in late June.

The Challengers are tasked

with shuttling around the prime minister, the governor general and cabinet ministers. They also serve as air ambulances for the military.

What the air force found after MacKay issued the order was that it couldn't deliver both services with just two planes because there were "multiple scheduling conflicts for Challenger support among Code One (Very, Very Important Persons)," according to a four-page analysis dated Oct. 31, 2013.

Military planners were quietly asked to study options and based their analysis on the "requirement to maintain the current level of service and availability provided to Code One VVIPs," said the

document, obtained by The Canadian Press under access to information legislation.

Among the three options debated was the idea of perhaps buying slightly used Challengers from the "depressed business aviation market" to create a "homogenous fleet."

The reason the four aircraft were to be retired was because they were almost 30 years old and their 1980s electronics restricted where they could fly.

A briefing note prepared for Rob Nicholson, the current defence minister, recommended buying new up-to-date Challengers much like the CL604 variant, of which Canada has two.

THE CANADIAN PRESS

Drug-testing kits can save lives: Advocates

Limitations. Detective with Toronto Drug Squad says kits could give drug users a false impression of safety

Drug-testing kits currently available in Canada have limitations, but they can be

part of the solution to help prevent unnecessary deaths at live concerts such as Toronto's Veld music festival, where two people died earlier this month after taking what's believed to be party drugs, says a harm-reduction group.

Toronto's Trip Project says the testing kits, when combined with other strategies like drug education,

Quoted

"People die at music festivals. That's not a thing that we should just accept."

Lori Kufner, a co-ordinator with Toronto's Trip Project

could make drug use safer for people who will not abstain from risky behaviour.

Lori Kufner, a co-ordinator with the city-funded organization, said that testing kits

for synthetic so-called "party drugs" may be a way of reducing risks, but they aren't widely used and some people who take drugs don't even know they're available.

"A lot of people who like to use drugs recreationally don't even know that it's possible to test them," said Karim Rifaat, the owner of Test Kit Plus, a Montreal company that sells the kits online.

"It's not as good as sending it to a lab," he said, but they allow people to get an overall idea of the constituents of a capsule, tablet, or powder drug sample.

The RCMP said that while testing kits are not illegal, they could indicate to an officer that someone is carrying a controlled substance.

Det. Jeffrey Ross of the Toronto Drug Squad said he understands how testing kits might be perceived as useful, but expressed concern at the number of substances in their blind spots.

THE CANADIAN PRESS



Romanians try adoptions to solve stray cats problem

A woman touches noses with a kitten during a stray cat adoption event organized by the Streetcats volunteer association in an attempt to reduce the number of abandoned cats roaming the street in Bucharest, Romania, Sunday. The Romanian capital, infamous for its stray dogs, is also home to an impressive number of stray felines.

ANDREEA ALEXANDRU-MEDIAFAX/THE ASSOCIATED PRESS

Alberta. Scientists study seismic line restoration in foothills to save caribou

Scientists studying the ravaged caribou habitat of Alberta's northwestern foothills say they have found so much disturbance from decades of industrial use that restoration will have to be selective.

The Foothills Research Institute in Hinton, Alta., is one year into a three-year study on how animals and humans continue to use this landscape in an effort to understand how to best restore it.

Back roads into the bush reveal a patchwork of clearcuts, well pads, access roads and seismic lines so extensive that gravel and green greet the eye almost equally.

About five per cent of range for the Little Smoky and a la Pêche caribou herds remains undisturbed — a long way from the federal

Rapid deforestation

It's part of an area that recent satellite data suggests is being deforested at a rate that outpaces what's going on in Brazil's rainforests.

- There are more than 16,000 kilometres of seismic lines, cut by the energy industry through the forest, within the study area's 13,000 square kilometres.

government's 65 per cent target. The scientists are trying to figure out how to bridge that gap. That means understanding the impact of seismic lines, which are used to study geology underground.

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MIC MAC MALL

Pro-Russian insurgents gather at Donetsk rally

Defiance in Donetsk. Pro-Putin Ukrainians stage their own demonstration during Ukraine's independence celebrations in Kyiv

Thousands of pro-Russia insurgents paraded captured Ukrainian soldiers through the streets of Donetsk on Sunday as bystanders shouted abusive slurs at them and tossed eggs, bottles and tomatoes.

The display came as President Petro Poroshenko vowed to raise defence spending to defeat the rebels, during a ceremony in downtown Kyiv to mark Ukraine's 23rd anniversary of independence from the Soviet Union.

The development in Donetsk underscores the increas-

ing divisions within Ukraine as it prepares for many more months of conflict, and while Kyiv's campaign has only gained more support throughout the country, resentment festers throughout much of the east.

Several thousand onlookers gathered in the main square of Donetsk and shouted obscenities at the dozens of captives, some in Ukrainian military garb and some in tattered civilian clothing, that were forced to march past them. They were flanked by armed rebels bearing bayoneted rifles.

One visibly agitated man yelled obscenities as he held an infant in one arm. A woman shouted, "Hang the fascists from a tree!" Other women rushed at the prisoners, trying to kick and slap them, but were restrained by rebel fighters.

Since hostilities began, more than 2,000 have died,



A man throws an egg at members of the Ukrainian military who were taken prisoner by pro-Russia rebels and marched through Donetsk's main square as they were abused by pro-Russia loyalists. SERGEI GRITS/THE ASSOCIATED PRESS

while an estimated 300,000 have fled Donetsk.

Poroshenko and Russian President Vladimir Putin are scheduled to meet Tuesday in Minsk, Belarus, alongside

other European Union leaders. German Chancellor Angela Merkel cautioned against harbouring expectations of a decisive breakthrough at the much-anticipated meeting.

"The meeting in Minsk certainly won't yet bring the breakthrough," Merkel said. "But you have to speak to one another if you want to find solutions." THE ASSOCIATED PRESS

Israel-Palestine

Abbas may pursue UN resolution

Aides to Palestinian President Mahmoud Abbas said he is preparing to request that the United Nations impose a deadline on Israel to withdraw from lands it captured in the 1967 Mideast war to pave the way for a new Palestinian state. Should the UN not approve a resolution, the officials said, Palestinians would file war crimes charges against Israel with the International Criminal Court. THE ASSOCIATED PRESS

Italy

Navy recovers 18 dead migrants

Italian authorities recovered 18 dead from a boat with 266 migrants during rescue efforts on Sunday.

The rescue renewed calls from Interior Minister Angelino Alfano for the EU to relieve migrant pressure on Italy.

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War of words. Extremists not an 'Islamic State': Egyptian Islamic authority

The top Islamic authority in Egypt launched an online campaign Sunday challenging extremist groups in Syria and Iraq by saying they should not be called Islamic states.

The campaign by the Dar el-Ifta, the top authority that advises Muslims on spiritual and life issues, adds to the war of words by Muslim leaders across the world targeting the Islamic State group, which controls wide swaths of Iraq and Syria.

The group's violent attacks, including mass shootings, destroying Shiite shrines and

beheadings, including that of American journalist James Foley, have shocked Muslims and non-Muslims alike.

The Grand Mufti of Egypt, Shawki Allam, previously said the extremists violate all Islamic principles and laws and described the group as a danger to Islam as a whole. Now, the Dar el-Ifta authority he oversees will suggest foreign media stop using "Islamic State" in favour of the "al-Qaida Separatists in Iraq and Syria (QSIS)," said Ibrahim Negm, an adviser to the mufti. **THE ASSOCIATED PRESS**

Death on the field

Cameroon football star killed after loss

A player died of a head injury after being hit by a rock apparently thrown by his own fans at a top-flight league game in Algeria.

Albert Ebosse, a striker from Cameroon, died in the

hospital Saturday after being hit as players left the field following a 2-1 loss for his club.

Ebosse's body was transferred to a military hospital in preparation for it to be flown home to Cameroon, his club said, adding that a police investigation will be opened into his death.

THE ASSOCIATED PRESS

Two Sierra Leone health workers contract Ebola



U.S. aid packages arrive in Monrovia, Liberia, on Aug. 24, to help fight the spread of Ebola throughout the region. **ABBAS DULLEH/THE ASSOCIATED PRESS**

Confirmed cases. British health-care worker, WHO employee both test positive for the often deadly disease

The first British citizen confirmed to be infected with the deadly Ebola virus is being

evacuated from Sierra Leone on a jet sent by the Royal Air Force, a Sierra Leone official said Sunday.

The World Health Organization (WHO) is also considering medical evacuation for a WHO health worker who has become infected in Sierra Leone, the UN health agency said.

Neither patient was identified by name, and the nationality of the infected WHO em-

ployee was not given.

The British patient was working at an Ebola treatment centre in eastern Sierra Leone, the region most affected by the outbreak, said Sidie Yayah Tunis, director of communications for the Sierra Leone health ministry.

The two cases highlight the risks facing health workers on the front lines of the battle against Ebola, which has killed more than 1,400 people across West Africa, according to the latest WHO figures.

"This is the first time someone working under the aegis of WHO has fallen ill with the disease," the WHO said in a statement, adding that more than 225 health workers have been infected and nearly 130 have died from Ebola during the current outbreak.

Britain's Department of Health said the British patient was flown on a specially equipped RAF transport to Northolt air base in London,

Montreal Ebola scare

A patient was recently admitted to Maisonneuve-Rosemont Hospital in Montreal upon experiencing Ebola-like symptoms.

- The man had recently returned from Guinea, where he was visiting family. Guinea is one of the West African countries hit by an Ebola outbreak.

- Negative test. The Quebec native's blood sample was sent to the National Microbiology Laboratory in Winnipeg where it was determined he did not have Ebola

THE CANADIAN PRESS

and will be treated at the Royal Free Hospital, which has an infectious disease unit.

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Sriracha factory

'We don't make tear gas': CEO

A Southern California factory that makes Sriracha hot sauce held an open house over the weekend "to prove we make hot sauce; we don't make tear gas," said David Tran, the CEO of the plant's owner, Huy

Fong Foods.

Irwindale, a Los Angeles suburb of about 1,500 people, had sued the company and declared the plant a public nuisance after some nearby residents complained of an eye-watering, throat-closing odour during grinding season.

The suit was later dropped.

THE ASSOCIATED PRESS

Lufthansa

German airline pilots may strike

A union representing airline Lufthansa's pilots is threatening a new round of strikes in a long-running dispute over wages and early retirement benefits.

The Vereinigung Cockpit union says in a statement

it may order pilots to strike "starting immediately" because negotiations have failed to achieve their goals.

Lufthansa, Germany's biggest airline, called the union's position incomprehensible. The pilots want Lufthansa to keep paying a "transition" benefit for those who retire early, while the airline wants to cut those extra payments.

THE ASSOCIATED PRESS

Spaced out

European satellites off-target after Friday launch

European space officials say they're investigating whether the inaccurate deployment of two satellites will complicate their efforts to develop a new Galileo satellite navigation

system that would rival America's GPS network.

The European Space Agency and launch company Arianespace say the satellites ended up in off-target orbits after being launched Friday from Kourou, French Guiana.

Saturday's agency statement did not explain whether their orbital paths could be corrected.

THE ASSOCIATED PRESS

The ups and downs of the biz in August



HOW TO ROLL
Alison Griffiths
metronews.ca

Who is swinging and who is sagging in the business world? Here's the roundup for August.



Thumbs up:

BlackBerry gets the nod. If CEO John Chen has his way, weary BlackBerry shareholders will no longer care about whether this new gadget or that will take market share from Apple, Google or Samsung.

Chen is shooing the company away from a reliance on the Next Big Thing. While other tech device producers race to turn us into cyborgs, Chen is mining the power of the patents the company holds.

The stock jumped 1.5 per cent last week to \$10.77. British Prime Minister David Cameron helped out when he said he could run the country via BlackBerry before heading off for his second holiday this summer.



Thumbs up:

This one goes to the Nasdaq. Well, kinda, sorta. As of last week the U.S.-based tech-heavy exchange is back to where it was before the dot-com crash. On Monday, Aug. 18, the Composite Index climbed above 4,500 points for the first time since March 31, 2000. It's only been 14 years of waiting, folks. What are you crying about?



Thumbs down:

The winner is Statistics Canada for its blunder on the July jobs figure — first reporting a measly 200 new jobs then sheepishly updating it to 42,000. Phew, that's better. As Philip Cross, former chief economic analyst at StatsCan, noted in a commentary: "It is one thing to make an error in the estimate of livestock," quite another to botch any of the holy trinity — GDP, the consumer price index and the jobs report.

Eliminating the long-form census and slashing \$29 million from StatsCan's

Not there yet

Four tech stocks still below March 2000 highs:

- Sirius XM: -94%
- Vodafone: -75%
- Cisco Systems: -64%
- Yahoo: -58%

budget didn't have a thing to do with the mistake. No, of course it didn't. The federal government says so, and who am I to disagree?



Thumbs down:

Oh, Target! How we loved to love you when we shopped south of 49 and how much we loathe you in our own backyard. If the sparsely filled aisles of my local Target are anything to go by, the company still hasn't figured out its supply chain problems. New CEO Brian Cornell (formerly of PepsiCo) will no doubt have the Canadian operations under a microscope.



Chained to the cause

More than 7,500 people formed an eight-kilometre human chain Saturday across the German-Polish border to protest the expansion of open-cast mining for brown coal in the region. The protest reached between Kerkwitz, Germany and Grabice, Poland — two villages that activists fear will be evacuated to make way for further brown coal (also known as lignite) mines. PATRICK PLEUL/DPA/THE ASSOCIATED PRESS

Las Vegas. Post-recession renaissance in store for the Strip's north end



Fireworks erupt over the SLS Las Vegas. BRIAN JONES/LAS VEGAS NEWS BUREAU/THE ASSOCIATED PRESS

The Las Vegas Strip has a new casino in business on the foundations of the old Sahara, which once hosted the likes of Frank Sinatra, but was eventually closed.

A \$415-million pleasure palace called the SLS Las Vegas opened Saturday with midnight fireworks and a party for 3,600 guests as the Strip's tired north end continues to enjoy a post-recession renaissance.

The area, long associated with empty lots, low-budget

motels and frozen construction cranes, is expanding once again.

A Malaysian conglomerate has announced plans to fold the half-finished Echelon casino into an Asian-themed Resorts World Las Vegas. Australian casino giant Crown Resorts has purchased land where the New Frontier casino once stood and an open-air concert venue set to house the massive Rock in Rio USA music festival next spring is in the works.

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LEAVE-ING NOVA SCOTIA POWER-LESS

So there were these trees, see. And it being July, these trees had leaves. Leafy leaves. Wet leaves. And wind that blew the wet leaves around, so some of those trees fell down.

So — this still being Nova Scotia — there were power outages. Too many to count, or at least for Nova Scotia Power's computer system to keep track of. Your call is important to us.

After the storm (as predictably as the weather is unpredictable), we had NSP's if-you-don't-buy-this-one-how-about-that-one? laundry list of lame excuses.

There was the weatherman. Forecasters got wind speeds wrong, making it tough for NSP to restore power for the up to 245,000 of us whose lights went out, some for as long as a week. Doesn't make sense to you? You're not alone.

Premier Stephen McNeil labelled that one "ridiculous."

Well then, how about those leafy leaves, 2014's version of 2006's salty fog? In NSP's version, those leaves were our fault.



URBAN COMPASS
Stephen Kimber
halifax@metronews.ca

Of course. We like our leafy leaves so much we wouldn't let the nice linemen trim them, so they wouldn't mess with their power lines.

In its report last week to the Utility and Review Board, in fact, the power company singles out grumpy cottage owners who "value their privacy and want as little clearing as deemed absolutely necessary" for creating the problems that led to the outages that led to the outage.

Funny. I've owned a cottage for more than a decade and I can't recall the power company ever asking me if I'd mind a little nip and tuck to keep the branches out of the way. I wouldn't.

Once you get past NSP's all-purpose failure-to-communicate (ya think?) confusion and beyond its blame-the-customer bafflegab, here is what you won't find in the power company's 173-page Post-Tropical Storm Arthur: Review of Nova Scotia Power's Storm Response...

Outage outrage

In its report last week to the Utility and Review Board, in fact, the power company singles out grumpy cottage owners who "value their privacy and want as little clearing as deemed absolutely necessary" for creating the problems that led to the outages that led to the outage.

There is no questioning — no even mentioning — decades of boardroom decisions to keep cutting back front-line service workers while exponentially increasing pay packages for front-office executives, whose bonuses are at least partly a corporate thank you for their shareholder-pleasing service cuts.

Bottom line: Don't put your faith in this company to fix what ails it.

We're all part of the same Multiverse



Matt Mazur, who moonlights as a live visual artist under the moniker VJ Elfmaster, has been touring his Multiverse project around the music and festival circuit in British Columbia. DARRYL DYCK/THE CANADIAN PRESS

VJ Elfmaster hopes to take message of galactic unity way beyond Earth's EDM scene

A Vancouver man with a laptop, a cache of space telescope images and a passion for space is mapping our corner of the universe, in a quest to do for the galaxy what images of the Earth did for global consciousness in 1969.

Matt Mazur has built a universe simulator that projects

Time to get spacey

"It's time for us to grow up, and grow up past our adolescent years on the Earth."

Artist Matt Mazur

a 3D rendering of the Earth's galactic neighbourhood on to two massive white screens, giving any user the power to scroll far beyond our own solar system with a hand-controlled motion sensor device.

"Galactic consciousness still

might take a while before it actually kicks in, but it's a process," said Mazur.

Mazur has digitally stitched together and enhanced 64 galaxies and is cataloguing 50 more, as he charts the brightest galaxies in the region.

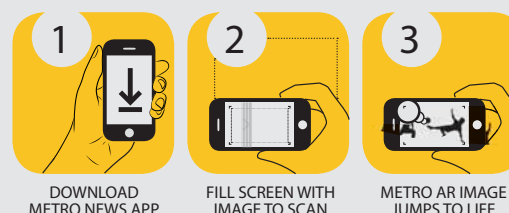
He hopes to eventually render 250 galaxies, amounting to 1/38-millionth of the observable universe.

The project is dubbed Multiverse. Mazur provides the vicarious exploration of the universe with the hope that a critical mass of such projects will spur society to adopt space as a plausible future home amid a galactic community.

THE CANADIAN PRESS

METRO AUGMENTED REALITY

SEE THE NEWS COME ALIVE...



In this issue, you can find AR enhancements on page 7 in News, page 14 in Scene and page 21 in Sports

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Worth mentioning. Californians swap out thirsty grass lawns for gardens to cope with drought

As California faces a historic drought, residents in Long Beach are tearing out thirsty lawns to cut down on water use.

Water agencies across the state have been encouraging the change by offering thousands of dollars in rebates to help homeowners make the switch to a drought-friendly landscape with better odds of surviving dry spells common to the local climate.

Water officials hope the shift is more than a fad and marks the beginning of a transformation in the way residents view neighbourhood landscapes.

To date, most lawns in



Rick Blankenship holds a photo of his previous grass lawn at his home in Long Beach, Calif. NICK UT/THE ASSOCIATED PRESS

Southern California don't bear greenery other than grass, but water agency officials say the interest in turf removal pro-

grams — fuelled in part by an increase in rebate rates — is encouraging.

THE ASSOCIATED PRESS



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Ebooks



Life On Earth

By E.O. Wilson

iBooks/iTunesU



MIND THE APP

Kris Abel
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This free textbook series is exquisite. It brings to life a high school biology course from a prominent teacher using animated, talking diagrams, demonstration videos, and interactive experiments. It's one thing to clearly explain the chemistry of life; another to see it in action. Wilson's fascinating examples and gorgeous photography are deeply rewarding.

Spielberg series

Minority Report headed to TV

Steven Spielberg is working on a TV series based on his 2020 sci-fi action movie, *Minority Report*. According to *Warp*, he has hired *Godzilla* screenwriter Max Borenstein to write the futuristic series, in which crimes can be predicted and prevented before they happen. **AFP**

Brosnan leaves 007 behind for a much grittier spy role

The November Man.

As a rogue ex-CIA man, new character is more dangerous and driven — and requires no CGI special effects

JAMES ROCCHI

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Speaking about his new action thriller *The November Man*, Pierce Brosnan is eager to talk about the challenges of playing a different kind of spy. He's not only the star, he's also executive producer of the film, and he was determined to make sure his work as rogue ex-CIA man Peter Devereaux was grittier, grimmer and very different from his past outings in the cloak-and-dagger field.

You've been doing comedies lately, so what brought you back to action?

It just seemed like fertile ground. I had my days as James Bond, and they were glorious and wonderful and productive; we brought (Bond) back after six dormant years ... so it was invigorating to be a part of it.

When the curtain fell — surprisingly and unexpectedly — it was just over. I had a certain void, a vacuum. So when we set sail on *The November Man*, it just seemed to hit now, with the geopolitical happenings going on.



Pierce Brosnan's film, *The November Man*, is a pure action movie, with real explosions and effects. CONTRIBUTED

I don't recall Bond, like Devereaux, killing a girl so he can delay his enemies. Was that scene important, to establish Devereaux as that dangerous, that driven?

It's a shocking act, on paper and on screen; it's one that, really, you roll the dice on and hope you don't disconnect with your audience. By that stage, you already know anything can happen — and it does in the most graphic way. I love that scene; I think it defines the character, that keeps the audience off-centre.

In an age of computer-generated marvels, is it nice to take part in an action film about real car chases, real explosions, real effects?

Well, it worked for us ... It worked for this film. We had so much money, we had so many days — so we knew we weren't going to have this monolithic graphic overture of CGI or anything like that; it's a handmade, hand-wrought film, and everything's in camera. And that was the pleasure of it — to be in the streets, to shoot from the hip, to make

AUGMENTED REALITY

→ Scan this photo with your Metro News app to see the trailer for *November Man*.

→ See the full instructions on Metro's Voices page.

a movie that was tangible and real and to be blowing stuff up in the streets. It was magnificent (laughs). It was great fun.

Soap to spy. Luke Bracey nervous working with world's 'best spy'

Luke Bracey's acting career has transformed over the past five years — from a bad-boy role on an Australian soap to starring with Pierce Brosnan in *The November Man*.

"It was funny to get jolted straight to the level of James Bond standing opposite you," he said from Italy, where he was filming. "It's taken everything inside me not to crumble and freak out."

The 25-year-old Sydney native has been seen alongside Selena Gomez in the 2011 film *Monte Carlo* and as *Cobra Commander* in 2013's *G.I. Joe: Retaliation*, but this is his biggest role yet.

"When I got offered it,

I couldn't believe it until I started making it because it was such an exciting film."

The film is based on the novel *There Are No Spies*, one of 13 books in Bill Granger's best-selling spy series that Brosnan's production company has worked for five years to bring to the screen.

Bracey's character, CIA agent David Mason, is pitted against his former mentor Peter Devereaux, now ex-CIA, in the search for a Chechen refugee who can bring down the next Russian president.

Devereaux always seems to be a few steps ahead of Mason — until the cat-and-mouse game culminates in

an intense fight scene. Bracey admitted to being nervous about getting physical with "the best spy in the world."

"I hadn't really done a fight scene, so it was a little daunting for me. You have to put a lot of trust in the other person pretending to fight — that they're not going to hit you, they're going to swing in the right place and they're going to dodge when you're punching them. Pierce was great. He's done it so many times before."

And Brosnan still has some moves.

"It was a pretty even fight," Bracey said of his 61-year-old opponent. **THE CANADIAN PRESS**



Young Australian actor Luke Bracey stars opposite Pierce Brosnan in action spy thriller, *The November Man*. CONTRIBUTED

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Pop goes the week



Gwyneth gets gleeful while her ex dates a real sweetie



STARGAZING
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Chris Martin is reportedly dating Jennifer Lawrence while his ex, Gwyneth Paltrow, is seeing Glee co-creator Brad Falchuk. Chris was apparently drawn to Jennifer because she's so laid-back and relaxed, and Gwyneth likes Brad because he's someone to date while Chris is dating America's bleeping sweetheart.

Andrew Keegan of 10 Things I Hate About You has started his own religion called Full Circle.

Coincidentally, one of the things people really and totally hate about you is when you start cults that sound like failed sitcoms.

Walking Dead creator Robert Kirkman says there's a very good chance everyone's favourite crossbow wielder, Daryl Dixon, could be gay. Great. That's at least two weeks spent readjusting all my fan fiction. As if I didn't have enough to do with Simon Cowell predicting One Direction will break up soon.

This week in Back Together: 1) Selena Gomez and Justin Bieber are seen at a bible study group. 2) Jennifer Lopez and Casper Smart are seen driving around in her car. 3) Drake and Rihanna are seen exiting a club together. 4) TLC is seen planning yet more specials with Kate Gosselin.

Twitter



@HamillHimself
Cooking in the kitchen with my daughter Julia Child style. Who's hungry?



@chelseahandler
I'm trying to get scuba-certified for my last show. It's not going well



@kirstiealley
I need to have another kid so they can teach me computer stuff ... mine are hiding from me



Nick Cannon ALL PHOTOS GETTY IMAGES

'Trouble in paradise' between Mariah and Nick (but his lips are now sealed)

Nick Cannon confirmed last week that there's trouble in his marriage to Mariah Carey and that the two are living apart. But that might be the last we hear from him.

"There is trouble in paradise, we have been living in separate houses for a few months. My main focus is my kids," he told The Insider.

Carey's rep said, "Mariah is focusing on her children

and her upcoming tour."

And on keeping Cannon's mouth shut, apparently.

According to TMZ, their lawyers worked out a confidentiality agreement about their divorce proceedings, barring Cannon from discussing it further and giving Carey exclusive rights to announce any details.

I guess we know whose lawyer wears the pants.

No sense wasting good ice for ALS

Leave it to Sir Patrick Stewart to inject some class into the ongoing ALS Ice Bucket Challenge trend. The X-Men star posted a video of himself in a posh hotel room writing out a cheque to the ALS association. He's then seen pulling a silver ice bucket into the frame and considering it for a moment.

He grabs a glass and a pair of tongs, carefully places two ice cubes from the bucket into the glass, fills it with some very nice Scotch, toasts the camera and takes a very satisfying sip.



Sir Patrick Stewart

Shots fired at Chris Brown during VMA pre-party hit rap mogul and others

Rap mogul Suge Knight was hospitalized after violence erupted at a VMAs pre-party early Sunday, with shots fired at R&B star Chris Brown but hitting Knight and two others — one of whom is in critical condition, according to TMZ.

Multiple shots were fired at about 1:30 a.m. at the Hollywood nightclub 10AK, with several sources claiming

Brown was the target. The VIP bash included Justin Bieber and Tyson Beckford.

Knight was rushed to nearby Cedars-Sinai, and is expected to recover.

Brown tweeted his feelings after the incident: "It's disappointing that we as a society can't have fun or enjoy ourselves without any altercations sometimes. Miss me with the bulls—!"



Suge Knight

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Is puppy care an insure thing?

Pet insurance. Read the fine print and consider your options



GAIL VAZ-OXLADE
Gail blogs daily at
gailvazoxlade.com

I started the new year with an important purchase. I always said when I left television I'd get a puppy. Tabitha is a spicy Heinz 57. A wee thing — when I got her she weighed about 1.5 lb. — she'll be about 10 lb. when she's all done growing.

Puppies don't come cheap. Between the vaccinations, the spaying, the bed, cage, food, and puppy pads, Tabi's first few months have run to over \$1,000. Not a small commitment. And those early vet bills make you really think about how much more your furry child might cost over a lifetime.

Canadians spend about \$4 billion on their pets every year. Yes, \$4 billion! While some of that money goes to needs like food, some is just plain indulgence. (Do you think your dog really knows what you paid for that cute little jacket?) One area where costs have been growing consistently is medical care. Pet insurance would seem like a no-brainer, right?

So I looked into it. (Hey, if I can offset my costs with insurance, I'll do it. I'm no dummy.) The problem with pet insurance is in the petite-print. On top of deductibles and co-pays, unreimbursed costs, and exclusions — all of

7 things to ask as you look at pet insurance options

- 1. Enrolment period.** Some plans cover critters from eight weeks old to death; others cut off coverage at eight years or so, just when you're most likely to need coverage.
- 2. Wait period.** There are often wait periods of up to 21 days from the time you fill out the application until the plan goes into effect. Some plans also require a vet checkup before the plan is activated.
- 3. Benefit limit.** What's the maximum the plan will pay out each year or over the life of the plan?
- 4. Deductible.** How much must you pay from your own pocket for each claim? Some plans let you choose a deductible while other plans increase the deductible as your pet ages.
- 5. Coverage for pre-existing conditions.** Some plans will cover if the condition has been completely cured; other plans consider genetic conditions to be pre-existing. For example, Doberman Pinschers tend to suffer from Wobbler Disease and cardiomyopathy, so those might not be covered for your Dobi. Hip dysplasia is often excluded. And there are breeds — like Chinese Shar-Peis — that aren't covered at all by some plans.
- 6. Coverage for preventative care.** Does your plan take care of your vet visits? Does your plans require at least an annual vet visit to keep the plan in effect?
- 7. Monthly cost.** Costs vary tremendously depending on the type of plan you sign up for, with monthly premiums running anywhere from \$10 to \$100.

which you pay out-of-pocket — you also pay premiums. Seemingly small \$11 to \$50 per-month premiums can add up to \$2,000 to \$6,000 or more over a pet's lifetime.

When I typed Tabitha's specifics into the CAA pet insurance plan, I got quotes of \$0.45, \$1.33 and \$1.60 per day for their Compact, Intermediate and Luxury plans. I hate daily quotes, so I immediately converted them to annual costs: \$164.25, \$485.45 and \$584 per year respectively. Compact only covers acci-

dents (not illness) and to a max of \$2,000. Intermediate covers everything to a maximum of \$2,500 a year. Luxury's limit is \$4,500 a year.

This is a pretty typical plan. Basic pet plans cover the costs of accidents (like being hit by a car) and some cover common illnesses like eye and ear infections. Top-of-the-line coverage may cover routine preventive care (such as vaccinations and neuters/spays) and even alternative therapies like acupuncture and hydrotherapy. Some even



Only about two per cent of Canadians have pet insurance. ISTOCK

cover the costs of cremation or burial of a pet, and include extra coverage upon accidental death. Know what you're buying and figure out if it's worth the cost over the long haul, or if you would be better off just sticking the premiums in the bank as a pet emergency fund.

So far most Canadian pet owners choose to self-insure by setting up a pet savings account and accumulating money each month. It's been estimated that only about two per cent of Canadians

have pet insurance. With fingers crossed, they hope that they'll have enough saved up if and when the time comes to deal with a medical issue. I'm one of them. Rather than laying out \$500 to \$600 a year in premiums only to find a rejected claim or a uncovered expense has me dipping into my wallet, I'll happily budget for Tabitha's medical costs over time.

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Fitness apps got game they can't sustain



The gamification strategy is widely used by developers of fitness apps, and could be one reason users are quick to abandon them, according to a recent study. JAREN WILKEY/BYU PHOTO

An increasingly sedentary lifestyle in which people can't put down their mobile devices has led app developers to believe there could be a pot of gold in motivating people to exercise by means of gamified fitness, though researchers says the gaming aspect could have limited long-term success.

"It's just been assumed that gamified apps will work, but there has been no research to show that they're effective for people long-term," says lead author Cameron Lister of the Brigham Young University Health Sciences Department. "Does earning a badge on your screen actually change your health behaviour?"

Lister and BYU health sci-

ences professor Josh West examined 2,000 of the 31,000 fitness apps on the market and found that a large majority of the most popular apps aim to motivate by means of gamification.

Researchers say the most common form of motivation in the apps is peer pressure, which was the main component in 45 per cent of apps found to include gamification, followed by digital rewards (24 per cent), competitions (18 per cent) and leaderboards (14 per cent).

The researchers then analyzed the apps for their gaming components and how they addressed behaviour change, and found that their approach often didn't lend itself to long-

term motivation and behavioural change. For example, they say, rather than operating on a rewards-based system that could start to feel more like work than play, the apps could focus on skill development.

They downloaded and tested 132 gamified fitness apps including Pact, Fitbit, DietBet and Zombies, Run!

Once the novelty wears off, the motivation goes away and the elements key to fitness and behaviour change have been ignored, say researchers in explaining the buzzed-about quandary that the majority of fitness app users are quick to abandon their technologies. **AFP**

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What an enlightening experience: Office workers who sit near windows enjoy a better quality of life. ISTOCK

Take great panes. Another reason you should work to get into the corner office

What difference does a window make? A lot, it turns out.

Office dwellers who primarily work in spaces that have lots of natural light and windows sleep better, exercise more and have a better quality of life than those who work in environments that don't have access to direct sunlight. That's according to a new study out of Northwestern University, which found that employees who worked in offices with windows slept an average of 46 minutes more than those who were windowless.

"There is increasing evidence that exposure to light, during the day, particularly in the morning, is beneficial to your health via its effects on mood, alertness and metabolism," said senior researcher Dr. Phyllis Zee, a neurologist and sleep specialist, in a statement.

Mood awakening

"Exposure to light ... particularly in the morning, is beneficial to your health via its effects on mood, alertness and metabolism."

Neurologist Dr. Phyllis Zee

The researchers say there's a simple solution to the problem and suggest architects and building managers ensure that all workstations are placed at least 20 to 25 feet from the peripheral walls containing the windows. "Daylight from side windows almost vanishes after 20 to 25 feet from the windows," said study co-author Mohamed Boubekri.

LAKSHMI GANDHI/METRO IN NEW YORK

Use well-planned pluck to bring in the big bucks

Negotiate your way to better pay. Do your homework before you ask for that raise

DAN SCHAWBEL
Metro in New York

There's a point in every career where an employee is going to have to negotiate either a job offer or a raise for the first time. Because most people aren't born negotiators, many workers end up making only a fraction of what they are worth.

While some people are afraid to negotiate their salary, it is actually a sign of professionalism — because it shows that you're serious, intelligent and value your expertise. Here are my top negotiation tips:

Do your due diligence

Sites like Salary.com and PayScale.com are great ways to find out the salary range of a particular position. Also remember to speak with your industry mentors to discover what amount you should expect and how much you might be able to increase it by. It's important to collect all of this information before entering the negotiation process. That way you're equipped to respond to any pushback.

Use data to justify the increase

If you want to earn more, you have to be able to prove the value of your contributions.



Here's a tip: Your boss is not going to put more money in your pocket automatically. You've got to ask for it. ISTOCK

If you're in sales, keep good records of all the deals you've closed and the amount of total revenue your work has generated. In marketing? Now is the perfect time to talk about the number of leads you've generated through your various campaigns and then how many of those leads were closed by the sales team. The key thing is to show your boss that it makes more sense for

the company to pay you more than lose you to their competition in the future.

Always try to have multiple offers

Whether you're a job seeker or employee, you should aim to have several job offers so that you can use them as leverage. The more offers you have, the more negotiating power you have and the

more insight you have into how much you are valued in the marketplace. If you get an offer, that doesn't mean you should stop interviewing. And if you're an employee, you should still be interviewing from time to time to ensure that you're earning what you are worth. Don't become complacent — a new opportunity could be waiting just around the corner.

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Good things, like tasty Pulled Pork Sandwiches, come to those who wait

Pulled Pork with Apple Cider Barbecue Sauce. Braising the meat takes a while, but it is so worth it



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With a little time and a little patience, this restaurant favourite can be made at home.

Pulled pork is a drool-worthy and inexpensive meal that uses a Boston butt or pork shoulder. It's a tougher cut of meat, but braising it breaks the tendons down so the meat melts in your mouth, and literally can be "pulled" apart — thus its name! It does take a few hours to braise until it's tender, but you can do this a couple of days in advance and use the meat for main entrées or sandwiches. It's well worth the time. Mixing the meat with a homemade barbecue sauce is the key.

Directions

1. Preheat the oven to 300 F.

2. Rub the roast with Cajun seasoning. In a large skillet or grill pan, sear the pork on all sides just until browned.

3. To make basting sauce: Combine the cider vinegar and brown sugar and pour 1 cup in the bottom of a large roasting pan. Add the pork and roast, covered tightly,



This recipe serves six. ROSE REISMAN

until 190 F temperature is reached (approximately 3 to 4 hours). Baste with the mixture of cider vinegar and brown sugar every hour.

4. To make the barbecue sauce: Combine the ketchup, brown and white sugar,

salt and pepper, onion powder, mustard, lemon juice, Worcestershire, cider vinegar, corn syrup and molasses until smooth.

5. To make the caramelized onions: In a large skillet, add the oil and sauté the sliced

onions with brown sugar on low heat for 15 minutes or until tender.

6. When the pork is cooked, toss the basting sauce and pull pork apart with two forks, removing all visible fat and the skin. Add just enough

of the barbecue sauce to wet all the meat. Save remaining sauce for serving alongside. Serve with the caramelized onions or veggie toppings of your choice either on sandwich loaves or on its own.

THE BEST OF ROSE REISMAN (WHITE-CAP BOOKS) BY ROSE REISMAN

Ingredients

- 3 lb pork shoulder
- 1 tbsp Cajun seasoning
- Basting Sauce**
- 2 cups cider vinegar
- 1/2 cup brown sugar
- Barbecue sauce**
- 1 cup ketchup or chili sauce
- 2 tbsp packed light brown sugar
- 2 tbsp granulated sugar
- Pinch of salt and pepper
- 3/4 tsp onion powder
- 3/4 tsp dry mustard
- 1 tbsp fresh lemon juice
- 1 tbsp Worcestershire sauce
- 1/4 cup cider vinegar
- 1 tbsp light corn syrup
- 1 tbsp molasses
- Caramelized Onions**
- 2 tsp vegetable oil
- 1 large sweet onion sliced thinly
- 2 tsp brown sugar
- To Assemble**
- 6 sandwich loaves
- Lettuce and tomatoes

PREP TIME
ABOUT 15 MINUTES

Nutritional information

Per serving (excluding bread)

- Calories. 452
- Carbohydrates. 39 g
- Fibre. 0.5 g
- Protein. 52 g
- Total fat. 7 g
- Saturated fat. 3 g
- Cholesterol. 136 mg
- Sodium. 529 mg

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'Well-balanced' roster nearly complete: Coach

Mooseheads.

Ducharme content with the way his lineup is taking shape



KRISTEN LIPSCOMBE
kristen.lipscombe@metronews.ca

Like a chef adding the last ingredients to his signature dish, head coach Dominique Ducharme has a few final touches to make before finalizing the upcoming season's Halifax Mooseheads roster.

But the recipe for QMJHL success is almost complete.

"We're close," he said Sunday, adding there are "maybe one or two" cuts still to be made before the 2014-15 team is unveiled.

There are now 26 players left at training camp, which started Aug. 12 and continues this week at Cole Harbour Place. The Herd has released 14 players already, including four announced Sunday.

"We don't have a timeline set," Ducharme said of making final decisions. "We're happy with the new guys coming in, and we like working with them as long as we can."

Along with on-ice practices and off-ice workouts,



Mooseheads head coach Dominique Ducharme said Sunday the 2014-15 roster is close to being finalized. JEFF HARPER/METRO

training camp has featured a three-game intrasquad series and four exhibition games.

The Herd hopefuls have so far split their pre-season games, with two wins and two losses, including falling 1-0 in a shootout to the Saint John Sea Dogs last Friday at

Harbour Station and edging the same team 4-3 in another shootout Saturday at the Rath Eastlink Community Centre in Truro.

Halifax scored three straight goals in Saturday's win, with second-year winger Vincent Watt and returning

blue-liner Matt Murphy both contributing in the first, and forward Kelly Bent, acquired off waivers from Saint John last week, notching one in the second.

Returning forward Samuel LeBlanc scored the Herd's game-winner in the shootout.

Quoted

"We have some good guys up front and on D coming in."

Mooseheads head coach Dominique Ducharme

"We've seen some good things, and some things that we need to improve," Ducharme said of the pre-season schedule, which concludes with a game against the Cape Breton Screaming Eagles on Sept. 6 at the Emera Centre in north Sydney. "At (this) time of year, it's just a normal thing."

The Mooseheads fell to the Screaming Eagles 4-3 in exhibition action Aug. 17 at Centre 200 in Sydney. They also edged the Sea Dogs 3-2 the night before that at the Dartmouth Sportsplex.

"Every game, we're trying to mix it up a bit ... and give everyone an opportunity to show what they (can do)," Ducharme said of players and staff alike getting used to new team dynamics.

"I think we're well-balanced," he said of how his Herd is taking shape. "It's a good mix of older guys, with good young guys coming in ... it's going to bring good energy."

Resop snags backup job in net

The Halifax Mooseheads cut four more players from their training camp roster Sunday.

That includes 18-year-old goaltender Christopher Langlais of Lachenaie, Que., which means 17-year-old netminder Kevin Resop of St. Petersburg, Fla., claims the backup position for the 2014-15 season.

Resop was drafted 164th overall in the ninth round at the 2014 QMJHL Entry Draft.

Zachary Fucale, 19, of Rosemere, Que., is the Herd's starting goalie.

Resop and Langlais split time between the posts in Friday's 1-0 shootout loss to the Saint John Sea Dogs, with Langlais letting in the game-winner. Resop made 32 saves in the first period and a half, while Langlais made 17 saves in the latter half of the con-

Who's left?

26

Two goalies, eight defencemen and 16 forwards — for a total of 26 players — are left at training camp, which continues this week at Cole Harbour Place.

test.

Resop also started in net against Saint John on Saturday, letting in three goals on 19 shots over 29 minutes. Fucale played the second half, making 18 saves over 31 minutes.

"Kevin did a solid job during camp," Mooseheads head coach Dominique Ducharme said Sunday.

Resop will have to focus "on getting better every day" and "adapt to the calibre of



Kevin Resop will be the backup goalie to Zachary Fucale. JEFF HARPER/METRO

the league," he added, especially as Fucale heads to Montreal Canadiens training camp next month.

Also released from the roster Sunday were 17-year-old

blue-liner Brandon Worthen of Dartmouth, 18-year-old forward Makail Parker of Newport and 16-year-old forward Gabriel Vanier of Boisbriand, Que. KRISTEN LIPSCOMBE/METRO

NBL Canada

Rainmen acquire four players at draft

The Halifax Rainmen ended up with four new players after the 2014 NBL Canada Draft on Sunday night.

Mike Myers Keitt, 25, of Waterbury, Conn., was Halifax's top pick, and the eighth overall selection. The six-foot-seven, 180-pound forward played NCAA ball for the Monmouth College Hawks.

The Rainmen also selected Courtney Beach in the second and Jason Hannibal in the third rounds, and then acquired fourth overall pick Brendan Cooper from the Island Storm by trading returning guard Olu Famutimi of Toronto.

METRO



Kevin Love in a Minnesota Timberwolves uniform. Love moved to Cleveland in a deal that sent Andrew Wiggins to the Wolves. MIKE EHLMANN/GETTY IMAGES

Wiggins finds a home in Minnesota

Back-bending deal.
Love joins LeBron's Cavs, Wolves also land Anthony Bennett

Everyone knew the Minnesota Timberwolves needed to trade Kevin Love.

The face of the franchise played six seasons in Minnesota without a post-season appearance. He clashed with previous president David Kahn over his contract extension and spent last season putting up the best individual performance of his career while occasionally butting heads with teammates in a fractured locker-room.

A summer-long dance culminated on Saturday when the Wolves sent Love to Cleveland, Alexey Shved, Luc Mbah a

Moute and Miami's first-round pick in 2015 to Philadelphia and received No. 1 overall pick Andrew Wiggins and Anthony Bennett from the Cavaliers and veteran forward Thaddeus Young from the 76ers.

Getting the last two No. 1 overall picks in the draft and an athletic, 26-year-old forward who averaged 17.9 points per game last season for a superstar who had one foot out the door required patience, discipline and plenty of luck along the way.

"We knew we had a hell of a player. We knew that he was in demand by other teams, and so we weren't going to make rash decisions because we were around the draft and we supposedly had to move him," general manager Milt Newton said.

The Cavaliers initially refused to include Wiggins — the

AUGMENTED REALITY

→ The Cavaliers now have a formidable Big 3 in LeBron James, Kyrie Irving and Kevin Love. Scan the image with the Metro News app to see the NBA's other top trios.



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player the Wolves coveted — in the offer. Once again, president Flip Saunders rebuffed early offers and the Wolves privately waited for LeBron James to exert his influence on the Cavaliers to push the deal through.

THE ASSOCIATED PRESS

Sam Bradford

Rams QB out for the season following injury

St. Louis Rams coach Jeff Fisher shared the bad news about Sam Bradford's torn ligament Sunday morning.

"We lost Sam for the year," Fisher said. "The news was devastating to him."

THE ASSOCIATED PRESS

Cam Newton

Panthers QB will miss final preseason game

Quarterback Cam Newton will miss the Carolina Panthers' final preseason game after an MRI on Sunday revealed a hairline fracture in his ribs.

Panthers coach Ron Rivera said Newton will be evaluated at the end of the week. THE ASSOCIATED PRESS

Matt Prater

Broncos kicker initially faced year-long ban, lawyer says

Matt Prater's lawyer said the NFL initially threatened a year-long suspension before agreeing to ban the Denver Broncos kicker four games for violating the league's substance abuse policy.

THE ASSOCIATED PRESS

Ryu holds off Choi to win CP Women's Open

It took until the 70th hole of the week for So Yeon Ryu to finally feel some nerves.

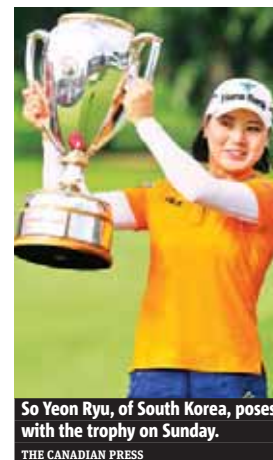
Ryu set the course record in her first round, held a four-stroke advantage going into Sunday and led by six going into the back nine. A bogey on No. 15 and Na Yeon Choi's birdie shrunk the lead to one.

"I thought, 'Everybody's nervous and Na Yeon's nervous, definitely,' so I just accepted my nervousness so I just tried to enjoy it," Ryu said. "And I hit a great shot."

Ryu's birdie on the 16th hole Sunday restored her lead to two as she wrapped up her first victory in more than two years by capturing the \$2.25-million US Canadian Pacific Women's Open with a 23-under 265.

The 24-year-old South Korean shattered the tournament record of 18 under but couldn't break Annika Sorenstam's LPGA Tour record of 27 under.

"I'm a bit disappointed I couldn't reach Annika's re-



So Yeon Ryu, of South Korea, poses with the trophy on Sunday. THE CANADIAN PRESS

The Barclays

Mahan pulls three birdies to end his PGA drought

Hunter Mahan pulled away with three straight birdies to win The Barclays on Sunday, ending an 0-for-46 drought on the PGA Tour.

The victory could not have come at a better time.

Mahan now is assured of making the Tour Championship every year since the first FedEx Cup in 2007, the only player in all playoff events.

He's also made an impression on Tom Watson as a captain's pick for the Ryder Cup team.

THE ASSOCIATED PRESS

Admiral

"Joining Admiral has given me a career without compromising what's important to me—spending time with Bogey." - David

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Bautista goes bye-bye

MLB. Slugger tossed from the game before Rays claim series win

After Jose Bautista was ejected from Sunday's 2-1 extra-innings loss to the Tampa Bay Rays for arguing a strikeout with home plate umpire Bill Welke John

Gibbons didn't mince his words "Bottom line, we need him in the game. Say your piece, and get the hell out of there," the Blue Jays manager said. "We're trying to get in the play-offs, we need you on the field."

Bautista's absence brought Nolan Reimold into the contest at right field.

The move proved costly as Reimold misplayed a ball hit by

Logan Forsythe in the top of the 10th inning, allowing Ben Zobrist to move from first to third base. Zobrist scored the winning run when the next batter, Evan Longoria, hit a single to left field off reliever Sergio Santos, freshly recalled from triple-A Buffalo on Saturday.

After the game, Reimold took full responsibility for the error.

"I saw (Zobrist) take off ... I was thinking about throwing him out before I caught the ball and it was completely my fault," he said. "That play's got to be made."

Longoria drove in both runs for the Rays (64-66), who played to 10 innings for the second time in as many days at Rogers Centre after losing 5-4 on Saturday afternoon. **THE CANADIAN PRESS**



Home plate umpire Bill Welke ejects the Blue Jays' Jose Bautista for arguing a called third strike on Sunday at Rogers Centre. TOM SZCZEBOWSKI/GETTY IMAGES

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Horoscopes by Sally Brompton

♈ Aries

March 21 - April 20

A new moon in the wellbeing area of your chart urges you to slow down. You won't miss out on any opportunities. In fact, by standing back you may see things others have overlooked.

♉ Taurus

April 21 - May 21

Everything seems to be going well for you now and for the next few days you will do best by just coasting along without worrying too much about where you are heading.

♊ Gemini

May 22 - June 21

Recent events have made you wonder if you should consider a change of direction. If you get some quiet time today use it to think through the choices.

♋ Cancer

June 22 - July 23

Love and luck combine to get the week off to a perfect start. The planets will bring only good things your way over the next 24 hours. Don't waste time wondering if you deserve it.

♌ Leo

July 24 - Aug. 23

Cosmic activity in the area of your chart that governs money will encourage you to make changes. These changes will affect loved ones too.

♍ Virgo

Aug. 24 - Sept. 23

A new moon in your sign, allied to a helpful link from energy planet Mars to your ruler Mercury, means you can have it all without making an effort.

♎ Libra

Sept. 24 - Oct. 23

The planets warn you might get a bit too laid-back over the next few days and risk losing sight of your long-term goals. So, even though you may wind down physically, stay alert mentally.

♏ Scorpio

Oct. 24 - Nov. 22

The good things that are coming your way are real and you deserve them. Today's new moon means you will find it easy to connect to others.

♐ Sagittarius

Nov. 23 - Dec. 21

Something you have been worrying about for months will finally resolve itself over the next few days and you will feel a huge sense of relief.

♑ Capricorn

Dec. 22 - Jan. 20

There is a feeling something marvelous is about to occur and it's not wishful thinking. A new moon in your fellow Earth sign of Virgo will encourage you to be bold.

♒ Aquarius

Jan. 21 - Feb. 19

Not everyone possesses your high standards, so make allowances and try not to make a big issue of any minor mistakes that loved ones or work colleagues might make.

♓ Pisces

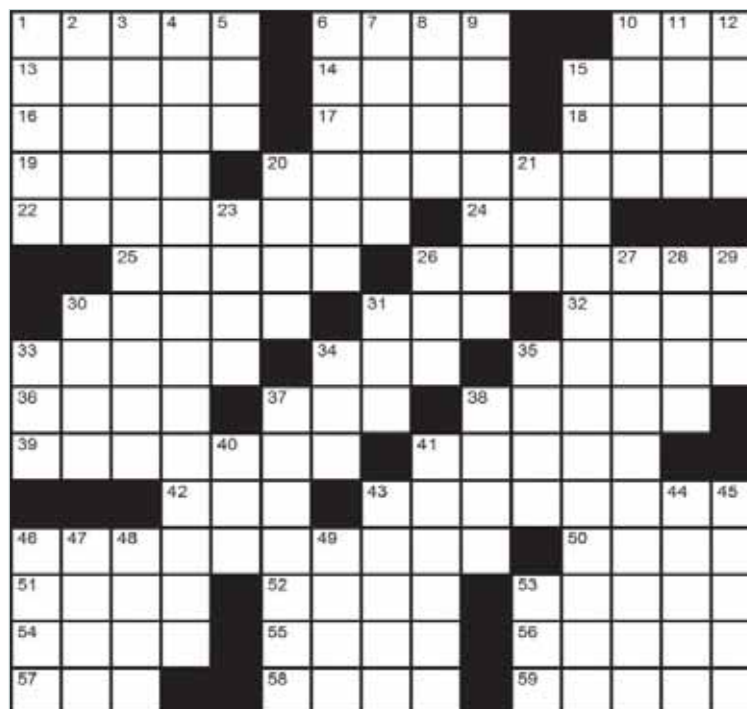
Feb. 20 - March 20

You are in good spirits but one person seems to have missed out on the party spirit and needs someone to soothe their fears. That someone is you.

Crossword: Canada Across and Down by Kelly Ann Buchanan

Across

1. ___ dab in the middle!
6. PMs, e.g.
10. Five Ws, just one
13. Like crushed potatoes
14. QED's 'E'
15. Behold
16. Performed
17. 1963: "Deep Purple": ___ Tempo & April Stevens hit
18. And others, briefly: 2 wds.
19. Qatar Prix de ___ de Triomphe (Paris horse race)
20. GLAAD concerns: acr. + wd.
22. Road trip reasons-to-stop
24. Patience ___ virtue
25. Horse's holler
26. Winnipeg hockey game attendee: 2 wds.
30. Unmasks
31. Lettuce variety
32. Written symbol of yore
33. Music style
34. Wheel part
35. Country's Mr. Rogers
36. Taken back [abbr.]
37. British bar
38. Chores
39. Certain commuter's change: 2 wds.
41. On ___ (Spontaneously)
42. BC Lions mascot,



- ___ the Lion
43. Quebec, 1990... Oka Crisis = 78-day ___
 46. "Days Like That" Canadian quintet: 2 wds.
 50. Jose ___ (Celebrity hairstylist)
 51. Prudish person
 52. Charles Lamb's pen name

53. Cartoon style of Japan
54. Aussie footwear
55. Washington NHL players
56. "I haven't ___" (Duh)
57. Montreal article?
58. Salmon sort
59. Canuck actor Mike

Down

1. Little
2. 1952 Robert Mitchum/Jane Russell movie
3. Canadian Space Agency employees
4. Car race signal-makers, variantly: 2 wds.
5. Thomas __, The

- Spanish Tragedy dramatist
6. Distance
 7. ___ and drabs
 8. Tirade
 9. Kelly Osbourne's fashion line/tattoo...
 10. Accompanying
 11. Warmth
 12. Hoo-hoo-ers
 15. Shania's is at

- Caesars Palace, Britney's is at Planet Hollywood: 2 wds.
20. Hauls
 21. 'Special' suffix
 23. Geese, in Gaspe
 26. Morning run pace
 27. Hit for Canadian soul trio Bass is Base (Trivia! Celebrity chef Roger Mooking was a member)
 28. Ms. Landers'
 29. Napoleonic Wars marshal
 30. Actor Corbin
 31. Niblets holder
 33. Texter's "I shall return momentarily..."
 34. Acting prompt
 35. Actress Madeline
 37. School assignment
 38. Poetic contraction
 40. "Says She Loves Me" music duo
 41. "Relax soldier!": 2 wds.
 43. Sharpshoot
 44. Leg bone
 45. Releases from captivity
 46. Stompin' Tom Connors' "Bud the ___ for Going"
 48. Rocker's tour dates
 49. Cosmetics company
 53. Tigger creator's monogram

Friday's Crossword



Online

See today's answers at metronews.ca/answers



Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Friday's Sudoku

2	5	9	1	6	8	7	4	3
8	1	7	4	9	3	2	6	5
6	4	3	5	2	7	1	8	9
9	6	8	7	3	4	5	1	2
4	7	5	8	1	2	3	9	6
3	2	1	9	5	6	4	7	8
5	8	2	6	4	1	9	3	7
1	3	6	2	7	9	8	5	4
7	9	4	3	8	5	6	2	1

8			2		9			
6				5	1		8	
			4		7			
		5	9	6	2		1	
1	2	3		4	6			
		8		1				
4		1	2					9
		7		8				5

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